

BRYAN BUILDING SAFETY NOTES

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Fall Safety Tips

WOODSTOVES.....

We have had a few days with that little “nip” in the air. How cozy it is to feel the warmth of a fire in the woodstove or fireplace. Now is the time to think ahead to cold winter nights and burning wood safely. Take the following steps to protect your family and property:

- have your chimney cleaned
- clean your woodstove
- remove clutter which may have accumulated on or near the stove or fireplace
- be sure your chimney is lined and liner is in good condition
- be sure chimney bricks and mortar are in good condition
- do not have more than one heating device in a single flue (liner)

SMOKE ALARMS.....

- test all smoke alarms
- place an alarm on each floor to give advance warning
- practice a family fire drill of what all members of the family would do if the smoke alarm went off

CANDLES.....

Burning candles, although romantic or necessary due to a power outage, can be very dangerous.

- never leave a burning candle unattended
- do not use around small children or pets
- do not place near combustible items

- be sure to place on a stable base

MATCHES AND CIGARETTE LIGHTERS.....

- do not leave where children can get them
- store matches in a non-combustible container

DRYER VENTS.....

Fires can start from lint collected in dryer vents, clean them out regularly, along with cleaning the filter after each load.

MAINTENANCE.....

Fall is a good time to really look around our property and take care of those maintenance problems which could cause a slip and fall in the winter months.

- be sure outdoor lighting is adequate
- repair porches and steps
- put summer items away from porches and lawns so that someone won't trip and fall
- have a sand supply ready for the soon to be icy walks and driveways

Now is the time to prepare your home for the winter months ahead.

- clean out gutters of leaves and debris
- check roof shingles to be sure they are in good condition for wind, ice and snow
- check windows for deteriorated sills and putty to prevent water damage to walls and ceilings
- take a look at large trees on your property and remove trees and limbs which appear rotted and could fall on your property in winter storms

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Getting Ready for Fall

When summer comes to an end, it's time to think about getting ready for school, fall allergies and cooler weather. This is also a time when people with asthma may notice a change in their condition. Being prepared for these changes can make a big difference in keeping your or your child's asthma well controlled.

Tips for Fall Allergies

Weeds and molds often cause fall allergies. Some seasons produce more pollen from weeds or mold spores because of weather conditions. One of the primary weeds responsible for allergy symptoms is ragweed. A lot of rain in the spring and early summer followed by sunny, hot days tend to produce more ragweed. Rainy days and piles of wet leaves lead to more mold growth. If weed pollens or molds cause your allergy symptoms, there are some steps you can take:

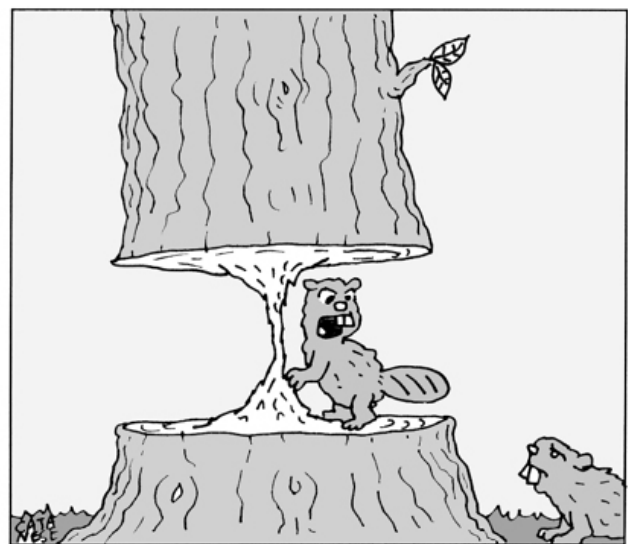
- Plan outdoor activities for early in the day, as weed pollens are highest around midday. If you are outdoors during high pollen counts, take a shower, wash your hair and change your clothes when you come indoors.
- If possible, keep windows and outside doors shut during pollen season. This is very important when pollen and mold counts are high. These counts are often reported on the TV news and in the newspaper.
- Stay away from wet leaves and garden trash. Take medicine your doctor recommends. Many different medicines are available to help control allergy symptoms when you can't avoid the things to which you are allergic. Keep in mind that allergy medicines work best when you take them every day and it is best to start taking them before you are exposed to high levels of pollen or mold. Most allergists recommend that you start an antihistamine when the allergy season begins and continue taking it every day until allergy season is over. When allergy season is in full swing and your immune system is in high gear, medicines are less effective and take

longer to relieve symptoms. Some over the counter antihistamines cause drowsiness. If they cause drowsiness, they may also affect thinking and muscle function. If you take one of these, use caution when operating a motor vehicle or machinery at work.

Tips for Fall Weather

- Fall is a season when a lot of weather changes can occur. Be prepared for changes in temperature and rainy days by having a sweater, jacket or rain gear with you. With cooler weather approaching, this is also a good time to have your furnace checked and the filters replaced
- Lastly, it's almost time for the yearly flu shot, so start watching for locations and times when flu shots will be given.

Fall is a very busy time of year for most people - keeping your asthma and allergies under control can help you enjoy this beautiful season!



"Have I thought this through?
What's THAT supposed to mean?"

CPR

CPR. A lifesaving action.

When an adult has a sudden cardiac arrest, his or her survival depends greatly on immediately getting CPR from someone nearby. Unfortunately, less than 1/3 of those people who experience a cardiac arrest at home, work or in a public location get that help. Most bystanders are worried that they might do something wrong or make things worse. That's why the AHA has simplified things.

Two steps to save a life.

When an adult suddenly collapses, trained or untrained bystanders – that means a person near the victim – should:

- 1) Call 911
- 2) Push hard and fast in the center of the chest.

Studies of real emergencies that have occurred in homes, at work or in public locations, show that these two steps, called Hands-Only CPR, can be as effective as conventional CPR. Providing Hands-Only CPR to an adult who has collapsed from a sudden cardiac arrest can more than double that person's chance of survival.

Don't be afraid. Your actions can only help.

It's not normal to see an adult suddenly collapse, but if you do, call 911 and push hard and fast in the center of the chest. Don't be afraid. Your actions can only help.

Increasing the number of people who know about Hands-Only CPR will increase the chance that someone can and will help when an adult suddenly collapses and more lives will be saved.

Stroke Warning Signs

The American Stroke Association says these are the warning signs of stroke:

Sudden numbness or weakness of the face, arm or leg, especially on one side of the body

- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

If you or someone with you has one or more of these signs, don't delay! Immediately call 9-1-1 or the emergency medical services (EMS) number so an ambulance (ideally with advanced life support) can be sent for you. Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug called tissue plasminogen activator (tPA) can reduce long-term disability for the most common type of stroke.

tPA is the only FDA-approved medication for the treatment of stroke within three hours of stroke symptom onset.



"Look -- devouring your co-workers is not a healthy way to deal with conflict."

AND, SCHOOL CHILDREN.....

- school is in session, allow yourself extra time
- stop for school buses
- slow down when approaching children on the side of the road
- watch for children who may dart out from between cars
- be courteous, a child's life is not worth the "rush"

Cell Phones: Useful, Yes, but Worrisome, Too

May 01, 2008

It has for some time been a concern about whether the use of cell phones is hazardous, both for potential hearing loss and especially for motor vehicle accidents.

A Canadian study found that people who used cell phones while driving had four times the accident rate than the general population.

Experts differ as to whether it's using the phones that causes the accidents or just one of many distractions on the road.

In general, however, government agencies have proposed or enacted partial or total bans on the use of cell phones while driving, especially for minors and school bus drivers.

Another potentially dangerous result of using mobile phones is serious hearing loss.

This has been reported by ear, nose, and throat specialists in a study of 100 people who had used the phones for more than a year. The loss was even worse for those using them more than 60 minutes per day.

Using a headset rather than holding the phone against the ear is recommended. Ringing in the ears was symptomatic and should be reported to a specialist.

Most hazardous of all cell phone use is the possibility of fire or electrocution if phone circuitry or batteries malfunction. This could produce a spark that can explode a flammable atmosphere-such as that of filling a car's gas tank.

Bryan Building Safety Committee Members

The Bryan Building has a great group of Safety Committee members:

Kay Scherer, DCNR Deputy Director
Dante Pistone, Division of Environmental Protection
Allen Newberry, Division of State Parks
Pat Sugg, Public Employees Benefit Program
Mike Randall, Division of Water Resources
Desirae Munns, Nevada Natural Heritage Program
Jim Lawrence, Division of State Lands
Kathi Baker, Department of Business & Industry
Sandy Quilici, DCNR Director's Office
Linda Mulkey, Bryan Building Safety Coordinator

Please give them your full cooperation and assistance at all times. They perform these duties in addition to their regular jobs and appreciate any recognition they receive.

So, to avoid electrical hazards, turn off your cell phone while using jumper cables or pumping gas. (Fortunately, according to the Naval Safety Center, the chance of this hazard occurring is very rare.)

Safety Policy

It is the issue of safe driving that has the greatest priority with regard to the use of cell phones.

Here are key elements in a safety policy regarding such use:

- Use a headset while driving or pull over to use a hand-held phone.
- Avoid placing calls while moving. (Calls could be planned before driving, entering the numbers into speed-dial.)
- When someone calls you, say that you are driving and are on a headset.
- If it's unsafe for you to answer a call, let your voice-mail pick it up.
- Keep conversation short and suspend the call in serious circumstances.
- To obtain roadside assistance or report emergencies, use 911 and give exact location, nature of emergency, name, and number.

[Source: OSHA Compliance Advisor.]